



Eat Carbs, but make them healthy.

How many Carbs do you Need?

I get it you want to lose weight and you hear about people losing a lot of weight fast with low carbs diets but is that the right way. For most people no. Yes, I agree watching your carbs is a good thing but eliminating them is not. It can be unhealthy and it's not always sustainable. It's best to get the carbs you need from foods that have other health properties. Some carbohydrate-rich foods like beans, lentils, and many fruits and vegetables are also high in fiber. Others are high in vitamins or minerals. Sweet potatoes contain vitamins A and C as well as fiber and potassium. Milk and yogurt are high in calcium. **You want to avoid the refined carbs — like sugar (all forms), candy, baked goods and white bread, rice, and pasta.**

These are some of my favorite Higher Carb Foods. Many veggies are not listed because they are low in carbs and rich in fiber like leafy greens, broccoli, cabbage, etc.

- Beans
- Lentils
- Milk
- Yogurt
- Cottage Cheese
- Corn
- Peas
- Berries
- Apples
- Plums
- Melon
- Pineapple
- Bananas
- Oats
- Bran cereal (low sugar), Shredded Wheat, Grape Nuts, even basic Cheerios
- Carrots
- Brown rice
- Whole wheat pasta
- Barley
- Unprocessed whole grain bread
- Popcorn
- Potatoes
- Quinoa
- Beets
- Squash etc.

Bad or simple carbohydrates include sugars and refined grains that have been stripped of all bran, fiber, and nutrients, such as white bread, pizza dough, pasta, pastries, white flour, white rice, sweet desserts, and many breakfast cereals.

What is the minimum carbs do you need a day?

- average adult- at least 100 grams around several servings - 400 calories
- pregnant - 135 grams
- lactating 160 grams
- athletes 3-5 grams per lbs of body